



## Location

Follow the corniche in Mutrah and look for the information sign C38, or drive along the Old Muscat Road and look for the road sign C38 in Riyam.

## Accommodation

Hotels in the capital area

## Useful guide books

- *Adventure Trekking in Oman*
- *Oman Off-Road Explorer*



On the path



Overlooking the ruins



Looking back to Inshirah



# Trekking path to Mutrah or Riyam



**Introduction**

**Type of trek**  
Easy short hill and wadi walk from Riyam to Mutrah, partly on the ancient overland route that linked Mutrah to Muscat.

**Highlights**  
The tour allows spectacular views over the sea and coastline.

**S Starting point (GPS UTM 659,758E 2,613,120N)**  
Parking area off the Old Muscat Road (road sign) in Riyam marked with sign C38, or from the corniche (look for the information sign close to the entrance of Mutrah Souk).

**Trek directions from Riyam**  
Follow the coloured markers from the parking area at Riyam. An old, rusty diesel pipeline is evidence of a time when the only power station in Oman was located in Riyam, and supplies of diesel oil were pumped through the pipeline from a ship anchored at Mutrah.

You may notice the well-placed stone slabs leading up the hill. They have been used by countless generations of visitors from Mutrah and the interior, to help them climb the last hills before they entered the gates of Muscat. At that time, the only way to get to Muscat was by sea or over this path. Once you have reached the higher parts of the route, turn around to enjoy the amazing view over the coast and sea. Be careful when descending towards the abandoned settlement as it can get slippery in parts. Have a look at the old water cistern and the falaj irrigation system, which are still visible, and then enjoy the scramble that is sometimes necessary to pass the wadi leading to Mutrah. Take care to turn left when arriving at the graveyard just before Mutrah, otherwise you might walk through it.

**Tip**  
If you are going to do just one walk in the capital area, this should be the one. The walk is easy going and the views are some of the best around Mutrah.

The trek can be completed as a round trip by returning along the corniche, which will take about 20 – 30 minutes longer. This walk is shady in parts, in the afternoons.

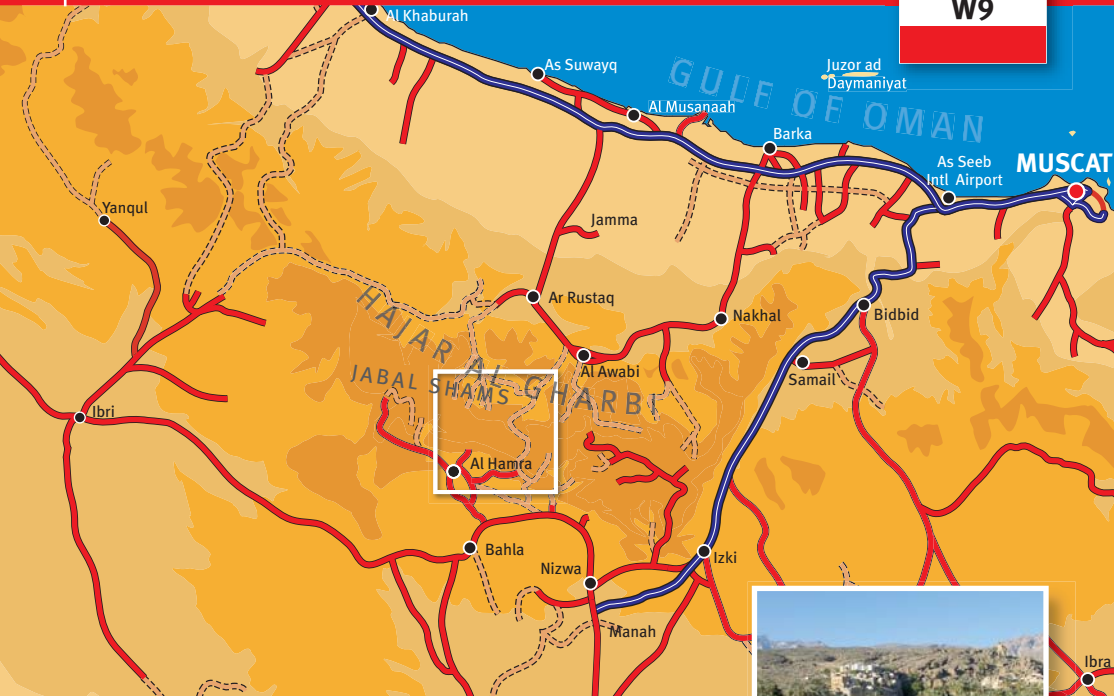


- Starting point
- Trekking path
- Other Roads
- Fort
- Stone house
- Scenic view
- Parking

**Trek Summary**

|   |  |
|---|--|
| <b>Timing</b><br>1.5 – 2 hours (one way only)   | <b>Altitude</b><br>Starting point: sea level<br>Difference: 200m |
| <b>Degree of difficulty</b><br>Grade 1<br>Mountain trek; rocky, partly steep, but easy going; includes a wadi trek. | <b>Distance</b><br>2.5km   |





**Location**

200km from Muscat via Nizwa  
55km from Nizwa  
Closest town: Al Hamra

Western Hajar Overview Map Ref. E-6

**Accommodation**

- Campsite in Misfat al Abriyyin
- Camping

**Useful guidebooks**

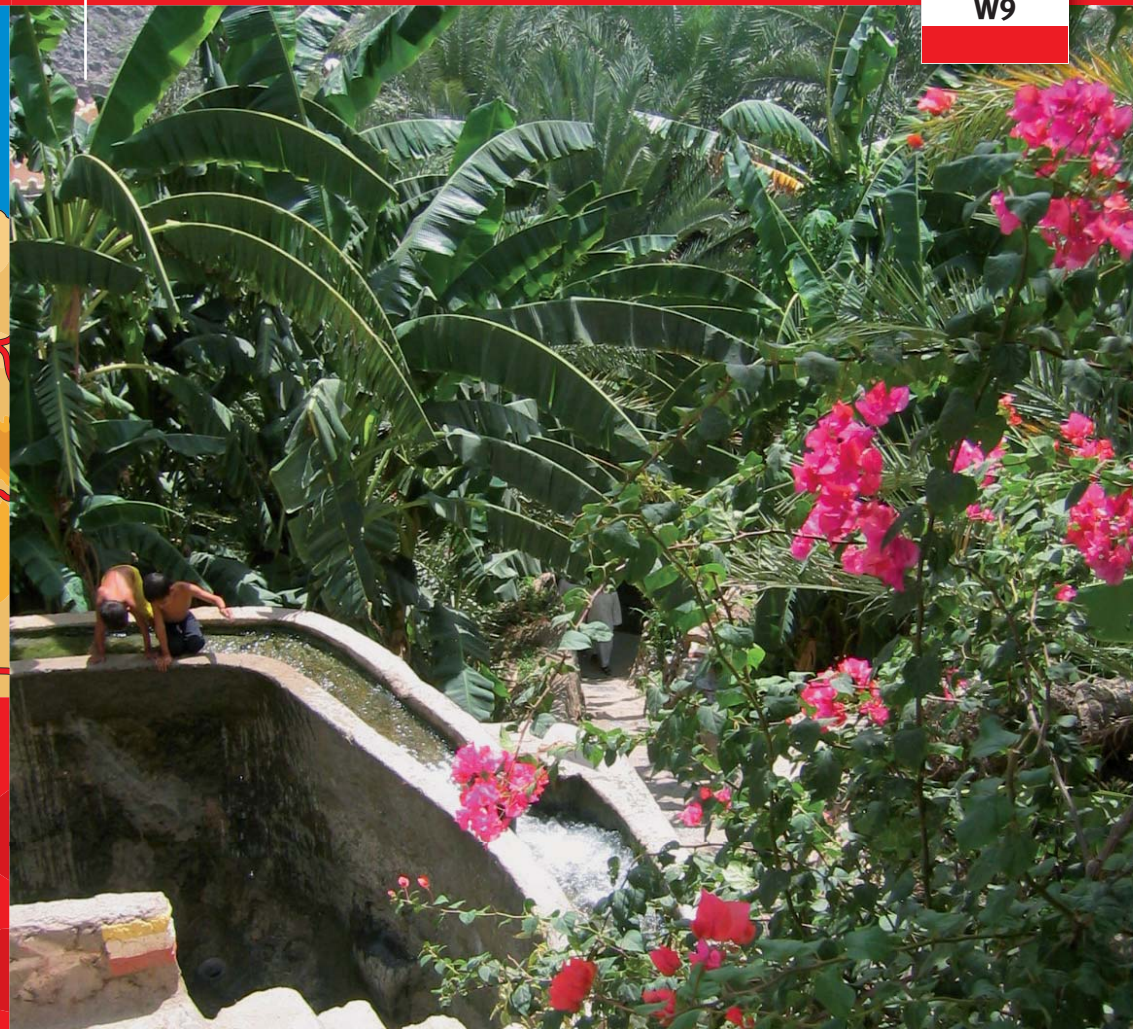
- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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Ministry of Tourism



**Trekking path from Misfat al Abriyyin to the junction with W8 and W10h**



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## Introduction

### Type of trek

A long trek following an ancient donkey path in the Western Hajar mountains.

### Highlights

The tour allows spectacular views of Wadi Bani Awf and the surrounding mountains.

### S Starting point (GPS UTM 531,818E 2,559,046N)

From Al Hamra follow the road north up to the village of Misfat al Abriyyin and look for the information sign W9.

### Trek directions

From the parking area follow the coloured markers (W9) until you reach the junction of the other treks (W8 and W10h) on top of the high plateau.

Return by the same route, or continue on path W8 or W10h.

### Tip

This is the place where you can hire donkeys.



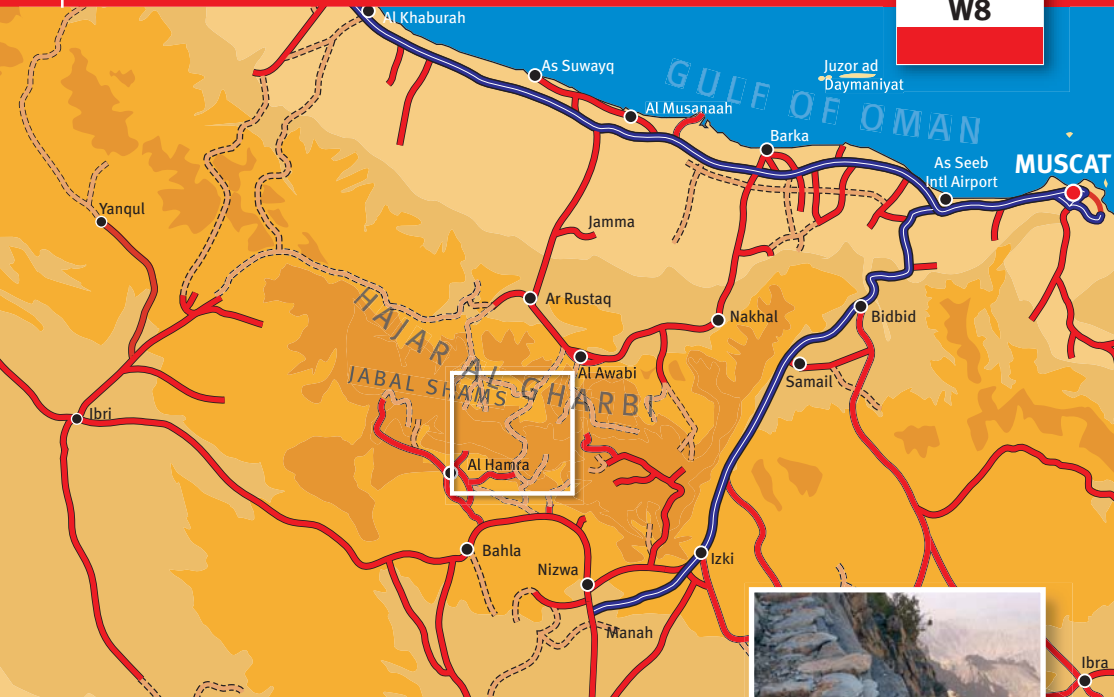
- Starting point
- Trekking path
- Footpath unmarked
- Driveable track (4 WD)
- Main road
- Stone house
- Scenic view
- Camping site
- Parking
- Toilet

### Trek Summary

|                             |                       |
|-----------------------------|-----------------------|
| <b>Timing</b>               | <b>Altitude</b>       |
| Ascent: 5 – 6 hours         | Highest point: 2,000m |
| Descent: 4 hours            | Difference: 1,050m    |
| <b>Degree of difficulty</b> |                       |
| Grade 2                     |                       |
| Ancient donkey path         |                       |



PLEASE TAKE ONLY PICTURES, LEAVE ONLY FOOTPRINTS AND TAKE YOUR RUBBISH TO THE NEAREST BIN.



**Location**

150km from Muscat via Wadi Bani Awf  
 95km from Nizwa  
 Closest town: Ar Rustaq  
 A 4 WD vehicle is necessary as  
 30km of the road is graded.

Western Hajar Overview Map Ref. F-5

**Accommodation**

- Motel at the entrance of Wadi Bani Awf (Map Ref. H-1)
- Sawadi Beach Resort (On the coast near Al Musanaah)
- Camping

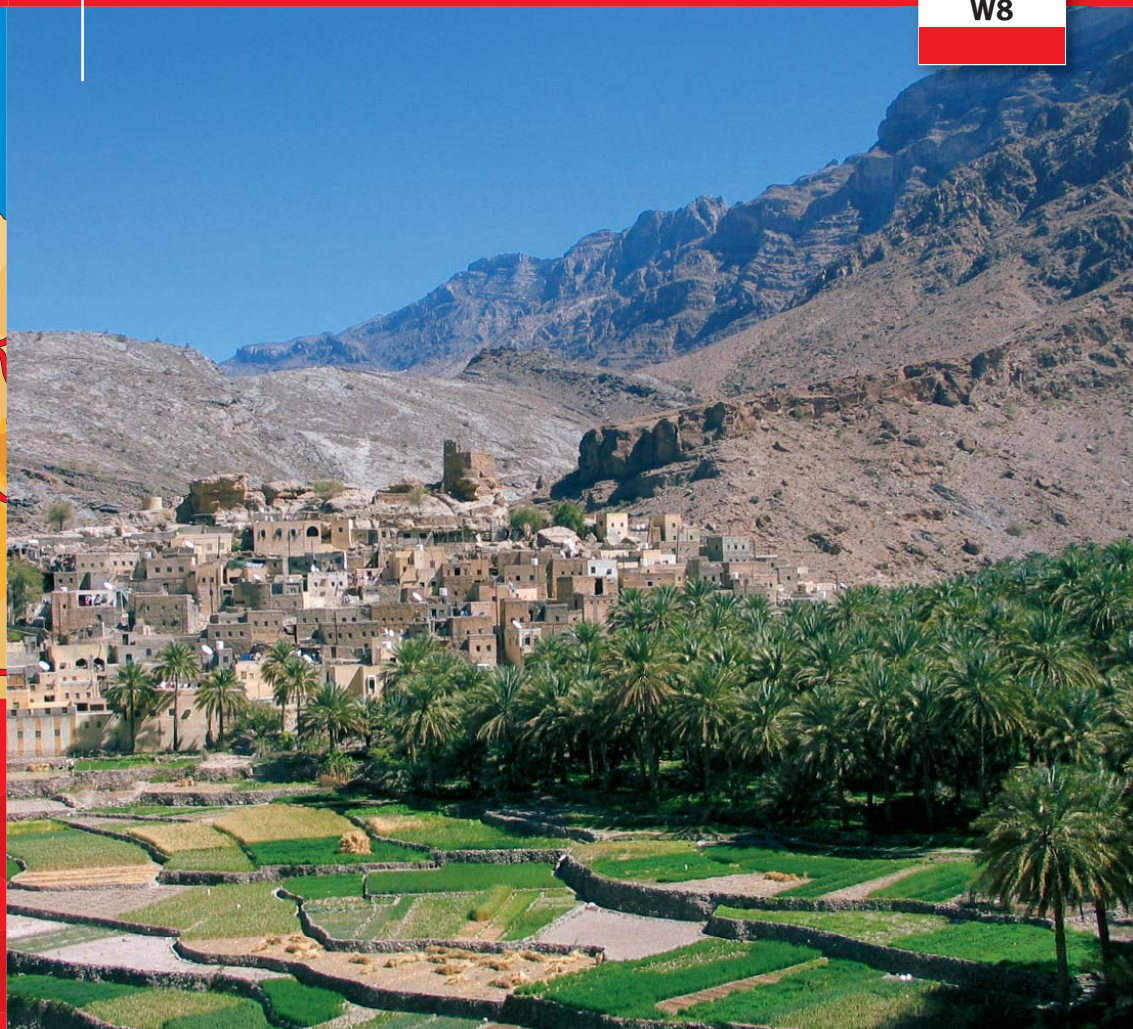
**Useful guidebooks**

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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**Trekking path from Balad Sayt to the junction with W9 and W10h**



Stone steps on the path



Balad Sayt fort



At the trailhead



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## Introduction

### Type of trek

An ancient path which winds its way up the north flank of the Western Hajar.

### Highlights

The tour allows spectacular views into Wadi Bani Awf and southwards.

### S Starting point (GPS UTM 539,605E 2,564,508N)

Follow Wadi Bani Awf until the village of Balad Sayt (road sign W8). Near the school you will find the information sign W8.

### Trek directions

From the parking area follow the coloured markers (W8) until you reach the junction of the other treks (W9 and W10h) on top of the high plateau.

Return by the same route, or continue on path W9 or W10h.

### Tip

After rainfall this path can become very slippery – be careful.



- Starting point
- Trekking path
- Footpath unmarked
- Driveable track (4 WD)
- Main road
- Stone house
- Scenic view
- Camping site
- Parking
- Toilet

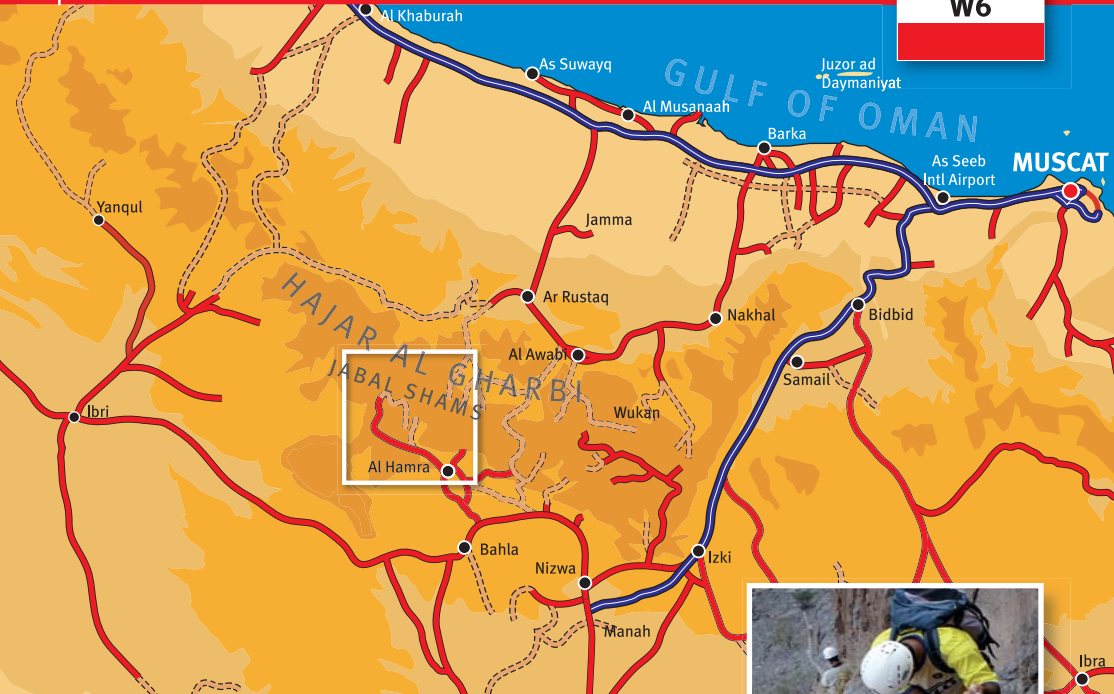
## Trek Summary

**Timing**  
Ascent: 3 – 4 hours  
Descent: 3 hours

**Degree of difficulty**  
Grade 3  
Old donkey path, very exposed in parts to heights.

For sure-footed and experienced hikers only.

**Altitude**  
Highest point: 2,000m  
Difference: 1,050m



**Location**

220km from Muscat (80km from Nizwa).  
Closest town: Al Hamra

Follow the road from Al Hamra to Wadi Ghul towards the Jabal Shams Plateau. Turn right at the road sign for Path W4 and carry on until you reach the village Al Khitaym (approximately 40km from Al Hamra). The last 20km of the road is graded, so a 4 WD is recommended.

Western Hajar Overview Map Ref. C-4



Abandoned village



The Via Ferrata



On the path

**Accommodation**

- Jabal Shams Motel
- Hotels in Nizwa and other local towns
- Camping

**Useful guidebooks**

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



**Trekking path to abandoned village As Sab**



## Introduction

### Type of trek

An ancient donkey path, which follows the west flank of the An Nakhur Gorge (known as the 'Grand Canyon') and leads to the abandoned village of As Sab - formerly known as Sab Bani Khamis.

### Highlights

The tour allows spectacular views into Wadi An Nakhur, the 'Grand Canyon', and down to Al Hamra.

### S Starting point (GPS UTM 520,615E 2,564,955N)

Park at the end of 'The Plateau' road before the village of Al Khitaym (altitude 1,900m), marked with the information sign W6, W6a.

### Trek directions

From the parking area, follow the coloured markers (W6) south-eastwards through the village, then turn left – to the north – along the side wall of the canyon. You will pass two distinctive corners marked with cairns. After 3.5km you will reach the abandoned village of As Sab.

Just before the village there is an information sign displaying a map of the area. From the terraces you can explore the water pool (Bi'r Dakhilyah) above the village. Return on the same route.

Further up from the little lake a Via Ferrata (a Climbing route with fixed safety wire) has been installed, it leads up to the plateau – Please use only with proper safety gear.

### ? About the village of As Sab

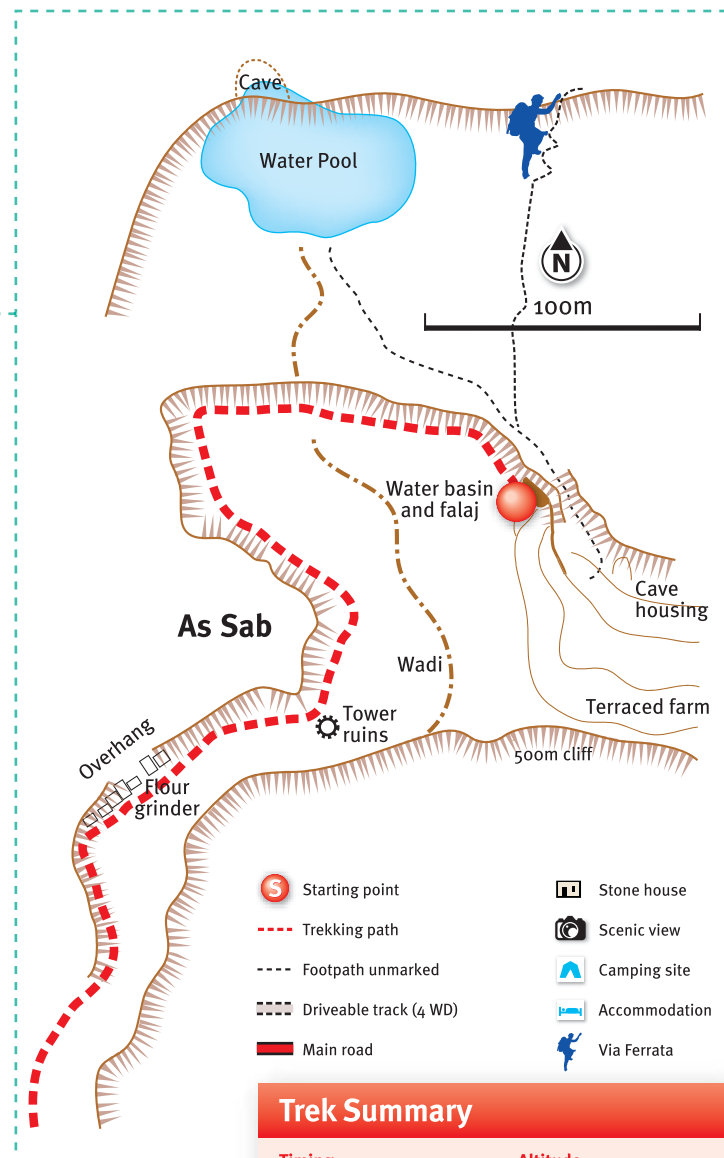
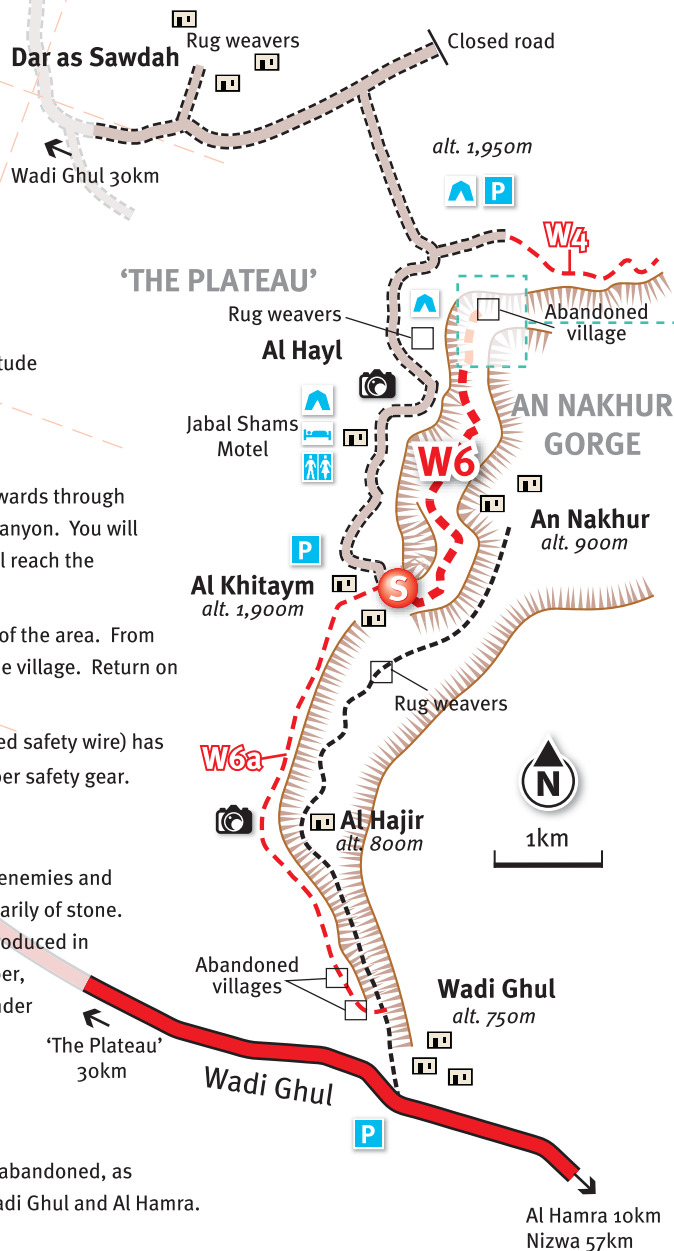
The village was home to about 15 families. It was well protected against enemies and had a good supply of water. Their houses, which remain, were built primarily of stone. Local woods include spina christi, juniper, acacia and olive. The crops produced in the mountains by these villagers included watermelon, onion, chilli pepper, tomato, wheat, pomegranate, lemon and basil. Lookout for the flour grinder between the houses. They also had livestock herds, including goats, sheep and donkeys.

### ! Tip

Don't take anything from the houses, even if they appear unused or abandoned, as everything still belongs to the former inhabitants who now live in Wadi Ghul and Al Hamra. There is shade in the afternoon.



PLEASE TAKE ONLY PICTURES, LEAVE ONLY FOOTPRINTS AND TAKE YOUR RUBBISH TO THE NEAREST BIN.



- S Starting point
- Trekking path
- Footpath unmarked
- Driveable track (4 WD)
- Main road
- Stone house
- 📷 Scenic view
- 🏕️ Camping site
- 🛏️ Accommodation
- 🧗 Via Ferrata

| Trek Summary  |                       |
|---|-----------------------|
| <b>Timing</b>   | <b>Altitude</b>       |
| Roundtrip: 2.5 – 3 hours                                    | Highest point: 1,900m |
| <b>Degree of difficulty</b>                                 | Difference: 100m      |
| Grade 1 – 2   | <b>Distance</b>       |
| Old donkey path, partly exposed to heights, but easy going. | 3.5km                 |





**Location**

Jabal Shams 'The Plateau' road: 220km from Muscat (80km from Nizwa)  
 Wadi Ghul: 55km from Nizwa.  
 Closest town: Al Hamra.

Follow the road from Al Hamra to Wadi Ghul where path W6a starts at the lower abandoned village.

Alternatively, for a downward trek proceed towards 'The Plateau' (Jabal Shams) and turn right at the road sign for Path W4. Carry on until you reach the village of Al Khitaym. Taking a 4 WD vehicle to 'The Plateau' is recommended as the last 20km of the road is graded.

Western Hajar Overview Map Ref. C-4

**Accommodation**

- Jabal Shams Motel
- Hotels in Nizwa and other local towns
- Camping

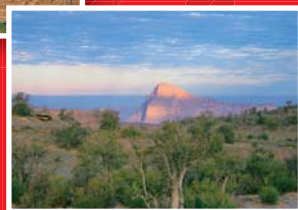
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The old city wall



Tending the fields



The ridge

**Useful guidebooks**

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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**Trekking path from the village of Al Khitaym to Wadi Ghul**



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**Introduction**

**Type of trek**

An ancient donkey path which follows the west flank of the An Nakhur Gorge (known as the 'Grand Canyon') and connects Wadi Ghul with Al Khitaym.

**Highlights**

This trek affords good views into Wadi an Nakhr, and down to Al Hamra, and leads through two abandoned villages at the lower end of the trek. In the old days, caravans with as many as 25 donkeys would use this route to take supplies to the villages higher up in the mountains, often spending the night at the village of Al Khitaym.

**S Starting points (GPS UTM 521,101E 2,560,167N)**

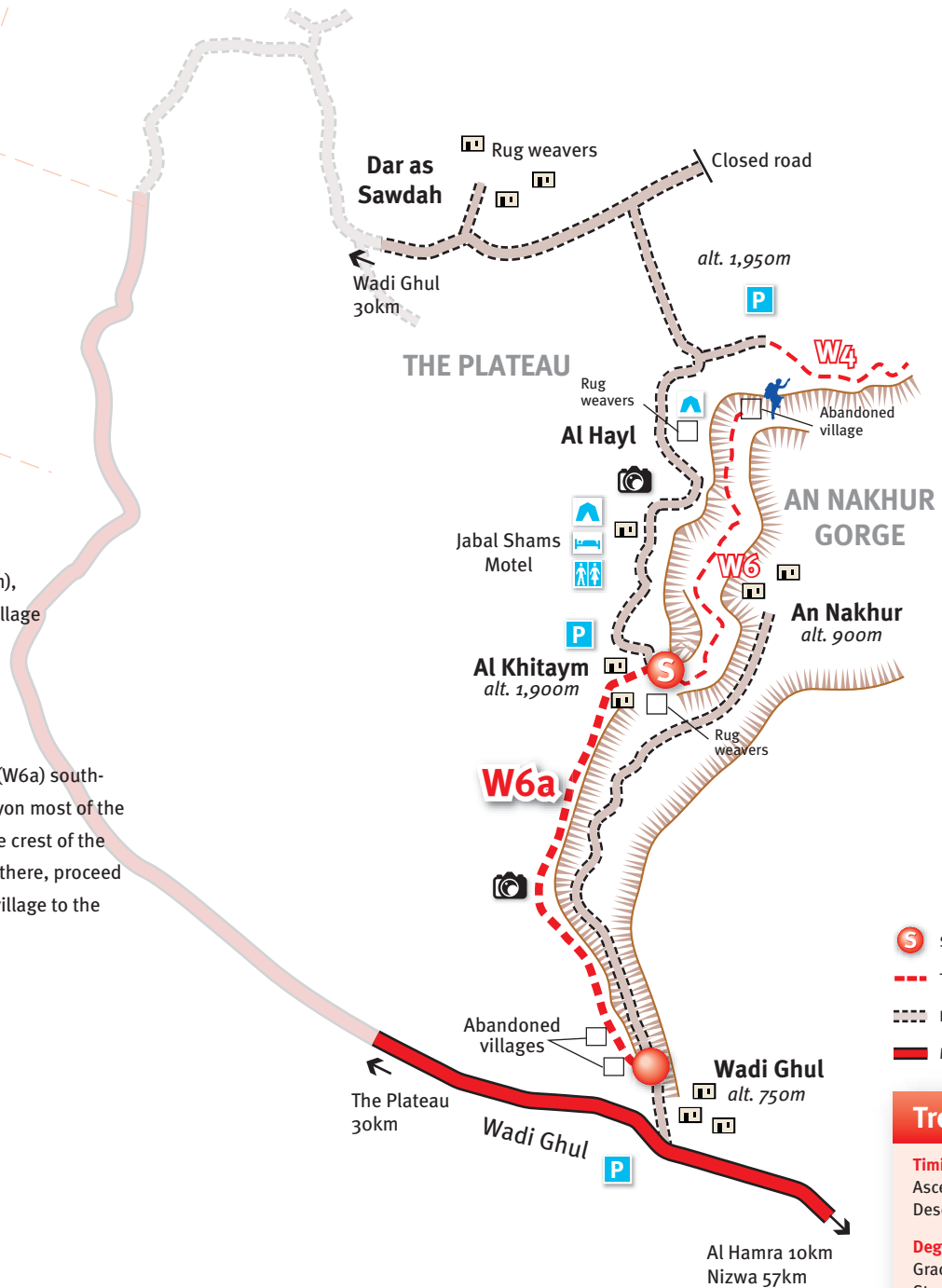
At the end of 'The Plateau' road in the village of Al Khitaym (alt. 1,900m), marked with information sign W6/W6a, or from Wadi Ghul at the old village (alt. 750m), marked with information sign W6a.

**Trek directions**

From the parking area at Al Khitaym, follow the coloured markers (W6a) south-west until just before the rim, and then follow the edge of the canyon most of the way down until you cross a small wadi. Climb upwards to reach the crest of the hill, which leads to the older of the two abandoned villages. From there, proceed along the old city wall down and through the second abandoned village to the bottom of Wadi Ghul and Wadi An Nakhur.

**Tip**

Also visit the inner part of Wadi An Nakhur (this requires a 4 WD).



- Starting point
- Trekking path
- Driveable track (4 WD)
- Main road
- Stone house
- Scenic view
- Accommodation
- Via Ferrata

| Trek Summary                |                       |
|-----------------------------|-----------------------|
| <b>Timing</b>               | <b>Altitude</b>       |
| Ascent: 3 – 4 hours         | Highest point: 1,900m |
| Descent: 3.5 hours          | Difference: 1,100m    |
| <b>Degree of difficulty</b> | <b>Distance</b>       |
| Grade 2                     | 6km                   |
| Stony trek, but easy going  |                       |



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